

Bike to participating restaurants!



For more information please call Diana at (206)263-8263 or visit web site at:
www.metrokc.gov/health/steps/

Rainier Valley Healthy Restaurant Initiative



Salima from Salima's restaurant

Supporting partners

Public Health
Seattle & King County 

bicycle club
Cascade
education
foundation

*Choose restaurants
with tasty and
nutritious food !*

What is the Healthy Restaurant Initiative?

The Healthy Restaurant Initiative is a program working with volunteer restaurants in Southeast Seattle to provide healthy and tasty choices for every plate.

Each restaurant has at least one menu option that meets the following guidelines:

- Less than 850 calories
- More than 8 grams of fiber
- Less than 1,000 mg of sodium
- Less than 25% of calories from fat
- At least two servings of fruits and veggies



Zeke from Taglas

Participating Restaurants

- Both Ways Café - American
4922 S. Genessee St.
- Chuy El Mexicano - Mexican
7136 MLK Jr. Way S
- El Sombrero - Mexican
4868 Rainier Ave. S.
- Golden Lake - Thai and Chinese
4920 S. Genessee St.
- Joy Palace - Chinese
6030 MLK Jr. Way S
- Kallaloo - Caribbean
3820 S. Ferdinand St.
- Maya's - Mexican
9447 Rainier Ave. S.
- PCC Deli - American
5041 Wilson Ave. S
- Pho Bac - Vietnamese
3300 Rainier Ave. S.
- Roy's BBQ - American
4903 Rainier Ave. S.
- Salima - Halal Vietnamese
6727 MLK Jr. Way S.
- Silver Fork - American
3800 Rainier Ave. S.
- Sub Shop #7 - American
4922 S. Genessee St.
- Taglas - Ethiopian
4423 Rainier Ave. S.
- Tutta Bella - Italian
4918 Rainier Ave. S.
- Viet Wah - Asian
6040 MLK Jr. Way S.

Tips When Dining Out

- Order salad dressings and sauces on the side
- Share a meal with a friend or put half your meal in a "to go" box to enjoy later
- Order sandwiches with mustard rather than mayonnaise or "special sauce"
- Choose entrees with fruits or vegetables as main ingredients or order vegetables as a side dish
- Ask for whole grain bread or brown rice
- When choosing soups or sauces ask for broth or tomato-based rather than cream-based
- Order grilled rather than fried foods
- Have diet soda or water rather than sweetened beverages